

6. **(Amended)** A method for maintaining or promoting health characterized by not eating chocolate, but eating, instead, a health food as claimed in claim 2.

9. **(Amended)** A health food containing the crude or purified Cupuacu oil and fat produced by the method as claimed in claim 7, and lecithin or/and cacao butter.

11. **(Amended)** A health food as claimed in claim 9, wherein, it is either a chocolate-like cake or a chocolate substitute.

**Please add the following new claims:**

12. **(New)** A health food containing the crude or purified Cupuacu oil and fat produced by the method as claimed in claim 8, and lecithin or/and cacao butter.

13. **(New)** A health food as claimed in claim 12 containing, in addition to the ingredients mentioned in claim 12, more than one of the ingredients selected from a group consisting of sugar, powdered milk, palm oil, coconut oil and rape oil.

14. **(New)** A health food as claimed in claim 13, wherein, it is either a chocolate-like cake or a chocolate substitute.